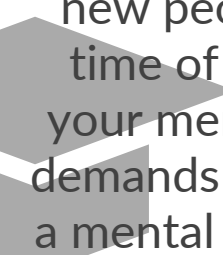


# MENTAL HEALTH IN COLLEGE

## Starting a Conversation



Going to college is an extremely important achievement and a very exciting time in your life. You will gain more independence, meet new people, and create new and memorable experiences. This is a time of significant transition, and the stress of college may impact your mental health. This could make it difficult to manage the daily demands of school, and other situations. 1 in 5 students experience a mental health condition while in college, so it is important to start the conversation on mental health. This can allow you to plan for the unexpected, and know what to do if you develop emotional distress, a mental health condition, or if an existing condition worsens.<sup>1</sup>

## How to start a conversation?


The follow four topics are important to discuss as part of your family conversations about mental health:<sup>1</sup>

- Mental health conditions are common
- Common signs of a mental health condition
- Mental health care on campus
- Health information privacy laws and rules



Starting this conversation with your parents about mental health can help you get the support you need when stress or mental health conditions arise.

## Navigating College



Stress may come from many different situations that occur during college. This could be academic demands, making new relationships, and managing greater independence. Changes in stress levels, along with new sleep patterns and eating habits can have a big impact on your help. This is why it is important to know the stressors that may affect your mental health and get them under control.<sup>1</sup>